



DINE for LIFE*

In the Community 2007-2008



The DINE for LIFE community nutrition program provides nutrition education in various community settings throughout Durham County. Settings include community centers, housing developments, transitional homes, schools, child care centers, community gardens, senior centers, and food pantries. Workshop topics are tailored to the needs and interests of the audience. Topics taught during the 2007-2008 included MyPyramid, Eating Healthy on the Run, Eating Right when Money is Tight, Kid Friendly Meals, Heart Health, Goal Planning, Food Safety, and Label Reading. Most workshops include cooking demonstrations and/or taste tests of healthy alternatives to traditional favorites.



The DINE for LIFE community nutrition program also:

- Participates in health fairs and community events.
- Conducts focus group sessions and community surveys.
- Provides the "Alive!" newsletter to over 11,000 SNAP households on a quarterly basis.
- Develops bus ads, bulletin boards, and other forms of media outreach.
- Provides handouts, educational reinforcements, and answers general nutrition questions at a local health clinic.
- Provides taste tests at food pantries to demonstrate healthy ways to use the foods provided.
- Collaborates with a local community garden to provide workshops on growing and cooking vegetables.



DINE for LIFE Participant Feedback, 2007-2008

- I learned why a balanced diet is important and what a balanced diet is.
- I learned ways to get our children to eat better.
- I learned creative cooking ideas.
- I learned that fruit salads with yogurt are quick and tasty.
- I learned that the meal portions are just as important as healthy food choices. I want to follow the “secret to serving size is in your hand” guide.
- I learned how to make a simple healthy meal for low cost. Learning with my kids was fun!
- I will try to involve the 5 food groups into my servings of dinner and eat appropriate amounts of the 5 food groups.
- I liked the meal today – it had no added salt but it was still very good.
- I liked the ingredients in today’s meal and the short time it took to make the food.
- I liked the meal because it was not high in calories but it was very tasty!
- Knowing what vegetables are in season, I eat more vegetables.



Community Outcomes after Participating in a DINE for LIFE Program, 2007-2008:

- **ALIVE! Newsletter**
 - 92% of respondents were pleased with the newsletter.
 - 42% of respondents indicated positive changes had been made.
 - 52% of respondents reported trying recipes provided.
- **Nutrition Education: Workshops**
 - 97% of participants surveyed stated they learned something new.
 - 87% of participants surveyed stated they will make changes due to the workshop.
- **Cooking Demonstrations/Taste tests**
 - 94% of participants surveyed stated they liked the taste test/meal.

* **DINE** for **LIFE**:

Durham's **I**nnovative **N**utrition **E**ducation for **L**asting **I**mprovements in **F**itness and **E**ating



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